

## House Resolution 4 - Introduced

### HOUSE RESOLUTION NO. 4

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1 A Resolution designating a hypertrophic cardiomyopathy  
2 awareness day and promoting efforts to educate  
3 people about hypertrophic cardiomyopathy.

4 WHEREAS, hypertrophic cardiomyopathy (HCM) is a  
5 chronic cardiac disease involving thickening of the  
6 heart muscle that can potentially lead to debilitating  
7 symptoms and serious complications including heart  
8 failure, atrial fibrillation, stroke, and, in rare  
9 cases, sudden cardiac death; and

10 WHEREAS, HCM is the most common inheritable heart  
11 disease, potentially affecting anyone regardless of  
12 age, gender, or ethnicity, with a reported prevalence  
13 ranging from 1 in 200 to 1 in 500 in the general  
14 population; and

15 WHEREAS, an estimated 700,000 to 1,650,000 people  
16 in the United States have HCM, yet approximately 85  
17 percent of those with HCM remain undiagnosed; and

18 WHEREAS, HCM shares symptoms with other common  
19 cardiac and pulmonary diseases, such as shortness  
20 of breath, chest pain, fatigue, palpitations, and  
21 fainting, making it difficult to distinguish HCM from  
22 these other diseases; and

23 WHEREAS, the all-cause mortality risk is three to  
24 four times higher in patients with HCM than that of the  
25 general population; and

26 WHEREAS, knowing one's medical history and any signs

1 and symptoms of HCM is an important first step in  
2 receiving an accurate diagnosis of HCM; and

3 WHEREAS, a health care provider must conduct a  
4 thorough screening with cardiac health questions to  
5 help identify a risk of cardiac disorders both genetic  
6 and congenital; and

7 WHEREAS, a health care provider may conduct several  
8 tests, including an echocardiogram, a cardiac MRI, or  
9 genetic testing to confirm a family history of HCM, and  
10 must examine the heart to diagnose HCM; and

11 WHEREAS, following a diagnosis of HCM, it is  
12 important for patients to work with their health  
13 care provider to learn more about their disease and  
14 understand different management options, including  
15 prescription medicines and surgical treatment options  
16 that may help; NOW THEREFORE,

17 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES,  
18 That the Iowa House of Representatives designates the  
19 fourth Wednesday in February, annually, as Hypertrophic  
20 Cardiomyopathy Awareness Day to raise awareness,  
21 encourage education, and improve understanding of HCM  
22 to promote early diagnosis and appropriate treatment.